

## What does a serving look like?

### *One serving looks like:*

- A medium-sized piece of fruit
- A mini (6-ounce) carton of 100% juice
- A portion of raw leafy greens about the size of a baseball
- A portion of cut-up fruits, vegetables, or beans about the size of a racquetball

### *Examples:*

- An apple, medium banana, orange, peach, or nectarine
- Orange, pineapple, tomato, or carrot juice, fruit smoothies
- Salads with spinach, romaine, or mixed greens
- Carrots, broccoli, peas, berries, grapes, sliced pineapple or melon or mango, navy beans in soup, black beans in a burrito, pinto beans in a salad, black-eyed peas with rice